

~~This collection of resources, gathered for the African American community is provided by:~~

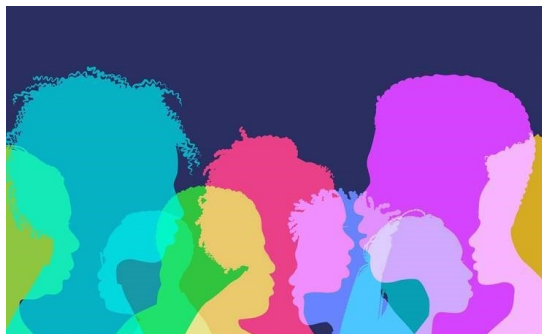


Image courtesy of Smartboy10/ Getty Images

### **Black Mental Health Podcast**

The black mental health podcast is dedicated to understanding and unraveling the mental issues in the African American community. With the stigma of therapy being a "white people thing" coupled with the cost of therapy, black people are left to deal with mental health issues on their own. The black mental health podcast is here not as a replacement to therapy but as an alternative.

**Browse To:** <https://tinyurl.com/RegHoward-BMHP>

### **Black Emotional Mental Health (BEAM)**

BEAM will be holding Black centered healing and support virtual spaces to support our folks during this difficult time. Check back daily for updates.

**Browse To:** <https://www.beam.community/events>

### **African American Family Outreach and Support Group**

*A program of the Mental Health  
Association in Alameda County.*

The support group meets via conference call on the 4th Tuesday of every month (except December) from 5:30 pm - 7:30 pm. The call-in number is (425) 436-6325 and the access code is 388582#

### **People of Color**

A weekly supportive group meeting virtually to discuss issues, coping strategies, and resources relevant to people of color in our community, particularly during the crisis of COVID-19.

- Peer facilitated
- Drop-in group
- No long term commitment
- No advanced registration
- Every Monday
- 10:30 a.m to 12:00 p.m. (Pacific time)

For support group questions, contact Lisa-Sun:  
[lisa-sun@mentalhealthsf.org](mailto:lisa-sun@mentalhealthsf.org) | (415) 341-9502

### **California Peer-Run Warm Line Here for you 24/7 (855) 845-7415**

The Warm Line aims to be a highly accessible, low threshold mental health resource that people can use to seek support before they've reached the crisis point, in the hope that support now will prevent crisis later.

People of Color and the California Peer-Run Warm Line  
are programs of the  
*Mental Health Association in San Francisco*

### **DRK Beauty**

DRK Beauty is a digital community whose mission is to celebrate women of color in all their diversity. <https://thisisdrkbeauty.com/>

### **The Movement Presents: Real Men Talk**

Real Men Talk is a reoccurring event focusing on brotherhood, mental health, and the overall well-being of the men in our community. This event will give men an opportunity to speak freely and openly in an exclusive male setting. See the Sol Collective Facebook events page at: <https://www.facebook.com/SolCollective/events/>

### **Support Guide - Mental Health in the African American Community**

African Americans are strong people and can recover from mental health challenges. With access to the right tools and treatment, between 70% and 90% of all individuals say they have reduced symptoms and improved quality of life.

**Browse To:** <https://tinyurl.com/aamhsg>

### **ABOUT MHAC**

**Mental Health America of California**  
PO Box 567  
Sacramento, CA 95812-0567  
(916) 557-1167 | [info@mhac.org](mailto:info@mhac.org)  
[www.mhac.org](http://www.mhac.org)

MHAC programs include the California Youth Empowerment Network (CAYEN); Wellness Works; Connection Coalition. (see About, Programs on our website)

*Please contact us if you have a resource to share or if you would like your resource removed.*